

Federal Superannuates National Association

Nanaimo & Area

PO Box 485 Lantzville, B.C. V0R 2H0 Telephone: (250) 751-8735
FAX: 756-4073 e-mail: fsnananaimo@shaw.ca



October, 2005



NEXT MEETING

Thursday 24th November, 2005



Location: 256 Royal Canadian Legion Branch at 1630 East Wellington Street, which is located between Bowen and Townsite Road. Doors will open at 10 a.m.

This will be our Christmas Luncheon, so come with mouths fixed for Roast Turkey with all the fixin's, plus a fantastic dessert table. Tea, coffee and milk will also be available. The cost will be \$14.00 per person.

This is also our Annual General Meeting so be prepared to vote on your choices for the Executive and to express your views on how the Branch should run.

You will be asked by your local telephoner if you plan to attend and reserve your meal and, if you do, you are reminded of our cancellation policy. As we are required to pay for all meals we order, if you find you are unable to attend, you are asked to cancel your reservation to avoid being charged for the meal. To do so, please call **Pat Mason** at 753-6008 or **Barb Campbell** at 954-0733. The last date for cancellation to avoid billing will be Thursday, 17th November, 2005.

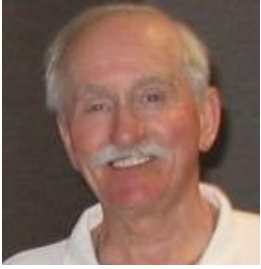
DON'T FORGET YOUR NAME TAG!



INDEX

Next Meeting.....	Page 1	Farmer's Advice.....	Page 5
President's Message.....	2	Volunteers Value.....	5
Financial Statement	3	The Word from National.....	6
Pat's Letter.....	3	Notice of Meeting.....	6
Branch Executive.....	3	History of the Poppy.....	7
Membership.....	4	Seniors on Line.....	8
The Last Word.....	Page 8		

FROM THE PRESIDENT



Now that our summer and fall are almost history, it is time to set our sights into the New Year. We are approaching that time again for our Annual General Meeting, where we renew our branch for the next twelve months. It appears that all of the executive board are willing to stand once again, although if any of you wish to unseat any of them we will be willing to make an election of it. Only two director's positions are to be filled, that of our Newsletter director, and our Awards/Speakers director. We are willing to open two new director's at large positions on the board to ensure we can get new blood onto the executive and allow these members to gain experience. I hope some of you will come forward and give this a try.

As I have stated over the past several months your present members of the board cannot go on forever! If, in fact, a substantial number of the board choose not to continue come 2006, this will present the branch with a serious problem. In all likelihood much of the activities of the branch will have to be curtailed. I know this sounds trite but it is a problem that will have to be addressed. By volunteering for the board, you will not only be assisting your fellow members, but also yourself. I urge all members to give this serious consideration and come forward to join us on the executive!

Several issues are before us going into our AGM. Two of these are related more to National then branch activities. Firstly it would appear that National has decided to cover expenses for the Presidents Conference at the end of February. This relieves us of a substantial financial obligation. Secondly, your board has proposed to our Regional Director for furtherance to the NBOD meeting in October, that the costs for the start up and training for the WMS be borne solely by National, and given the solid financial position of National, we expect this to be resolve to our satisfaction. Last, It appears that National has decided to go beyond what is reasonable in exercising control over the branches. In main, this would manifest itself as a set of complicated rules in selecting for example, your Regional Director, which is presently done as one branch, one vote. National has proposed a set of rules, which would result in a complicated formula based on membership. We believe that the simple one branch one vote is really the fairest and the most convenient. We also have this ongoing issue of the Triennial Convention format, which is still not resolved. National is leaning to a formula different from that employed in the past by giving more weight to those branches having greater membership. This would in effect give the control of the FSNA to a few large branches, which are located mainly in Eastern Canada. I can assure you that, whoever attends the Presidents Conference will fight to keep our position on these issues.

Those, who did not attend our last General Meeting, missed a really good meal, as well as an excellent presentation by the EMS personnel. I would like to thank the volunteers at the Canadian Legion Branch 256 for this wonderful repast and we look forward to our AGM there in November. Remember phoners are still required for the Parksville/Qualicum Beach area, as well as any members who would like to assist in other ways. We are still considering our location for our floating General Meeting in June, but it looks as if Parksville will be the spot due to the lack of affordable venues in Qualicum Beach.

As part of a new National initiative, spurred by the Year of the Veteran, the Branch will be presenting wreaths on Remembrance Day in Nanaimo, Qualicum Beach, Parksville and Gabriola Island. This activity will be on going with the presentation in Nanaimo being permanent, with one floating venue from the other three on a rotating basis. Our veterans have done us proud and as banal as this may sound again, I would not be writing this article if not for their heroic efforts on our behalf. I urge you all to attend this year's ceremonies in whichever community you reside in.

In closing, I hope to see you all at the AGM in November. Keep well, and drive safely until we meet again.

Bob Hoogerbrug



"Sounds like King Herod was the original Grinch that tried to stop the FIRST Christmas!"

FINANCIAL STATEMENT

as at 9th October, 2005



ASSETS

Bank Balances	2041.71
Petty Cash Balance	100.00
Float Due—Membership	100.00
Prepaid Stationery & Postage	425.83
G.I.C. Investments	19600.56
Accounts Receivable	2670.39
DOB Contingency Fund	3199.81
Equipment	7927.47
Less Depreciation – 7069.22	858.22
TOTAL CURRENT ASSETS	28,620.72

LIABILITIES

Per Capital Payable	3,154.66
Total Reserve Funds	5,745.31
TOTAL LIABILITIES	8,899.97

EQUITY

Retained Earnings	15,024.58
Current Earnings	4,696.17
TOTAL EQUITY	19,720.75

28,620.72
(Liabilities & Equity)



Thank You Friends

Pat Mason



What a great lunch we had on 15th September at the General Meeting. The volunteers of Royal Canadian Legion Branch 256 outdid themselves. Many people have told us that the Roast Pork was absolutely delicious, as was the rest of the meal. No complaints were heard at all. I would like to pass a big "Thank You" to all our members who attended, not forgetting those who couldn't make it and phoned let Barbara Campbell or me know. We were almost at 100% of our bookings! What a great feeling it is for me to know that you are supporting me and the Branch in this. There were a few who said they would be there for the meeting but didn't show but the only effect is to cut the consumption of coffee since we gladly give it free to those attending the meeting. It will be a great Christmas dinner with Roast Turkey and all the trimmings for our 24th November meeting. See you there!

How to Contact Your Executive



- President**—Bob Hoogerbrug 751-8735
r-choog@shaw.ca
- Vice President & Membership**—
Vic Ashdown 248-2027
ashdown@shaw.ca
- Past President**—Marg Mostowy 756-1069
fsnananaimo@shaw.ca
- Treasurer**—Bob Stitt 758-7681
stittar@shaw.ca
- Secretary**—Cathey Hoogerbrug 751-8735
- Membership Secretary** - Doris Grieves 716-1952
dgrieves@shaw.ca
- Recruiting and Retention**— Al Heinrich 738-0192
agh@shaw.ca
- Historian, Nominations Committee and Volunteer Coordinator**— John Ablett 752-7572
- Program Director**—Pat Mason 753-6008
- Awards/Speakers**—Charles Scrivener 758-2240
scrivener@shaw.ca
- Registration**- Susanne Body 729-9588
sbody@shaw.ca
- Services & PSHCP/PSDO Liason**—
Leroy Wood 758-0078
woodsie@shaw.ca
- Newsletter**— Ron Gladstone 751-2940
gldstone@shaw.ca
- Hospital Visiting Nanaimo**— Alex Kohuch 755-3040
- Parksville** Harold Goodman 248-3269
- Port Alberni**—Marg Pierce 723-9791
- Phone Chairs & Area Coordinators, etc**
- Qualicum Beach** Sherwood Moore
- Parksville** Barbara Campbell 954-0733
campbellba@shaw.ca
- Ucluelet** Sandy Henry 726-7086
macfunnelcover@telus.net
- Port Alberni**—Marg Pierce 723-9791
- Cards**
- Parksville, Qualicum & Nanoose 468-7706
Freida Mason
freidam@shaw.ca
- Nanaimo & Area June Wiebe 756-4873
ejwiebe@telus.net
- Port Alberni, Ucluelet, Tofino Marg Pierce 723-9791



MEMBERSHIP REPORT



MEMBER NUMBER COUNT

As of October 20th, 2005, the Nanaimo and Area Branch had 1646 members comprising 1090 superannuates and 556 spouses. There are 1245 on DDS and 401 pay at Branch. Since the last Newsletter Report (August 11th), the following membership changes have taken place :

NEW OR REINSTATED MEMBERS (11)

R A & Ely Bull, Lantzville
 V J Carr, Lantzville
 Michael & Barbara Flynn, Nanoose Bay
 R W E Lee, Lantzville
 Donald & Hazel Silliphant, Lantzville
 H R & Sheila Southin, Nanaimo
 Donna Taylor, Nanaimo

TRANSFERRED IN (7)

Jim & Jacqueline Boily, Qualicum Beach, from (not specified)
 Randy Gellner, Nanaimo, from ON43 Ottawa
 Ted & Winnifred Rogers, Parksville, from BC09 Victoria-Fred Whitehouse
 Geoffrey & Beryl Williams, Parksville, from ON33 Algonquin Valley

TRANSFERRED OUT (12)

Rita Beagle, Nanoose Bay, to BC08 Vancouver
 Howard & Kathleen Fick, Nanaimo, to SK29 Swift Current
 Bill & Diane Kaiser, Nanaimo, to MB31 Winnipeg & District
 Ed Mitchell, Parksville, to ON43 Ottawa
 Roy & Carol Pickell, Qualicum Beach, to BC11 Okanagan North

Barrie & Valerie Thomas, Parksville, to ON43 Ottawa
 William & Sandra Veenstra, Qualicum Beach, to BC02 Chilliwack

IN MEMORIAM (12)

Vincent Bartram, Port Alberni
 Marie Collier, Coombs
 Dorothy Cunningham, Nanaimo
 John Handby, Nanaimo, survived by wife Edwina
 George Hillsden, Qualicum Beach, survived by wife Annie
 Channing Kyer, Nanaimo, survived by wife Iris
 Grace McNicoll, Nanaimo, survived by husband Ken
 Betty McTaggart, Parksville
 James Munro & Helen Munro, Qualicum Beach
 Michael Owens, Parksville, survived by wife Agnes
 Daniel Ware, Nanaimo, survived by wife Madeleine
 Ware-Jud

WEB-BASED MEMBERSHIP SYSTEM (WMS)

The WMS is starting to work fairly well. I've just finished reconciling the members listed in WMS versus the members I hold in Paradox and found very few discrepancies. We now have access to the Live Site so that we can do actual updates, etc., and we plan to start using it as our main database by year end. Also, in my capacity as WMS Coordinator for the Region, I am now arranging for a training team from National Office to run an advanced WMS course for all Island Branches, probably in Spring 2006.

LOST SHEEP (NEW ITEM)

We have lost contact with the members listed below (town/city shown is last known residence location). If anyone knows where they are now, please let us know or ask them to get in touch with us. Thanks.

Gabriola

Small (Nick)

Nanaimo

Anderson (David); Biltoft (Helen); Bradbury (Jack & Hendrickson (Bea); Derocher (A & Janet); Deslippe (Bernie); Dore (Denis); Eastham (Michael & Corinne); Gorton (John & Marie); Hickey (Tom & Pat); Ickringill (Fred); Martin (Anthony & Joan); Ramshaw Elizabeth); Thomas (F & Cheryl); White (Gordon)

Nanoose Bay

Oelsner (John & Dorothy)

Parksville

Earl (Daniel); Graham (Jon & Judith); Laws (Robert); Lindberg E & Marion)

.....Continued next page

Qualicum Beach
 Bolton (Gerard); Oscroft (David & Lois);
 Trehearne Rosemary & Fred)
Tofino
 Arnet (Edgar)
Ucluelet
 Cameron (S); Lemieux (J)

DON'T FORGET – 2006 DUES ARE DUE

* Remember that silence is sometimes the best answer.

* Don't interfere with somethin' that ain't botherin' you none.

* Timing has a lot to do with the outcome of a rain dance.

* If you find yourself in a hole, the first thing to do is stop diggin'.

* Sometimes you get, and sometimes you get got.

Old Farmer's Advice

* Your fences need to be horse-high, pig-tight and bull-strong.

* Keep skunks and bankers and lawyers at a distance.

* Life is simpler when you plow around the stump.

* A bumble bee is considerably faster than a John Deere tractor.

* Words that soak into your ears are whispered...not yelled.

* Forgive your enemies. It messes up their heads.

* Do not corner something that you know is meaner than you.

* It don't take a very big person to carry a grudge.

* You cannot unsay a cruel word.

* The best sermons are lived, not preached.

* Most of the stuff people worry about ain't never gonna happen anyway.

* Don't judge folks by their relatives.

* The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.

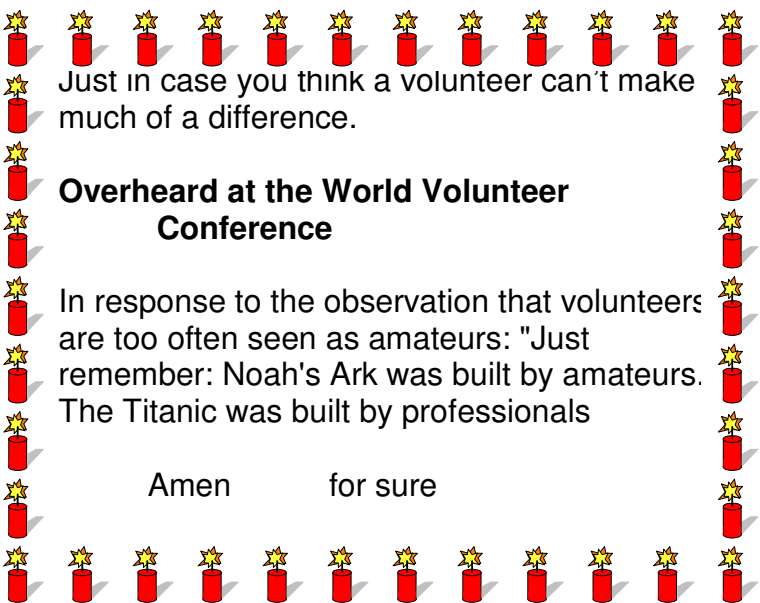
* Always drink upstream from the herd.

* Good judgment comes from experience, and a lotta that comes from bad judgment.

* Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.

* If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.

* Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.



Just in case you think a volunteer can't make much of a difference.

Overheard at the World Volunteer Conference

In response to the observation that volunteers are too often seen as amateurs: "Just remember: Noah's Ark was built by amateurs. The Titanic was built by professionals

Amen for sure



THE WORD FROM NATIONAL

Pins to Honour Veterans

Action Veterans' Affairs Canada designed a special pin to "help honour and remember Canadian war veterans in 2005" - the year commemorating our veterans.

Many FSNA members who are veterans, surviving spouses of veterans, children of veterans may be interested in wearing or having possession of this distinguished symbol of pride towards Canadian war veterans. Considering that many members will participate at the November 11 Remembrance Day ceremonies at their local cenotaph, the National Office obtained 5,000 of these magnificent pins. These pins are available to branches upon request. When provided to our members, priority should be given to members who are veterans, surviving spouses and children of veterans. It is understood that branches requesting an amount of pins will be charged for the mailing cost of these pins. Branches interested in obtaining pins are to order through Robert Laperrière of the National Office at the following e-mail address: laperriere@fsna.com

Court Challenge to Bill C-78

The National Board of Directors approved another contribution of \$10,000 to continue FSNA's participation in the Pension Surplus Court Case. This brings FSNA's total contribution to \$80,000. As reported in previous Bulletin to Branches, the trial date for this case has been set for November 15, 2005. A retired judge, who is an FSNA member, has agreed to review all the background informa-

tion in relation to this case to advise the National Board of Directors about different scenarios and strategies

Congress of National Seniors' Organizations

The Congress of National Seniors' Organizations (CNSO) has participated in a number of activities, including sending representatives to a round table discussion relating to OAS and having meetings with officials of the Department of Social Development. The CNSO is planning a meeting of its 10 organizations on November 1-3, 2005.

National Joint Council Annual Seminar

The National President and the Executive Director attended the annual seminar of the National Joint Council in Edmonton on September 21-23, 2005. Jean-Guy Soulière was a panel member in one of the sessions that discussed the PSHCP negotiations. Most of the program was related to the legislation being implemented in the Public Service that introduces a very different human resources system in staffing and labour relations.

FORMAL NOTICE OF MEETING

This is official notification that this meeting, to be held on 24th November, 2005, will be the Annual General Meeting of our Branch. You will be asked to elect a New Executive.

If you wish to offer yourself for consideration for ANY of the offices, You may do so by contacting the Past President Marg Mostowy at 756-1069.



HISTORY OF THE POPPY

(Reproduced from the Royal Canadian Legion Website)

Why was the poppy chosen as the symbol of remembrance for Canada's war dead? The poppy, an international symbol for those who died in war, also had international origins.

A writer first made the connection between the poppy and battlefield deaths during the Napoleonic wars of the early 19th century, remarking that fields that were barren before battle exploded with the blood-red flowers after the fighting ended. Prior to the First World War few poppies grew in Flanders. During the tremendous bombardments of that war the chalk soils became rich in lime from rubble, allowing 'popaver rhoeas' to thrive. When the war ended the lime was quickly absorbed, and the poppy began to disappear again.

Lieut-Col. John McCrae, the Canadian doctor who wrote the poem *IN FLANDERS FIELDS*, made the same connection 100 years later, during the First World War, and the scarlet poppy quickly became the symbol for soldiers who died in battle.

Three years later an American, Moina Michael, was working in a New York City YMCA canteen when she started wearing a poppy in memory of the millions who died on the battlefield. During a 1920 visit to the United States a French woman, Madame Guerin, learned of the custom. On her return to France she decided to use handmade poppies to raise money for the destitute children in war-torn areas of the country. In November 1921, the first poppies were distributed in Canada.

Thanks to the millions of Canadians who wear the flowers each November, the little red plant has never died. And neither have Canadian's memories for 117,000 of their countrymen who died in battle.

IN FLANDERS FIELDS



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.



We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

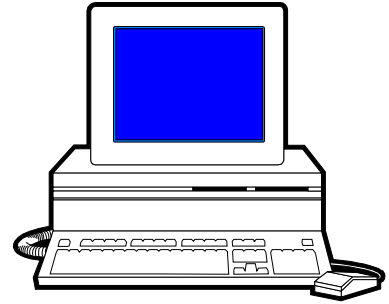
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae

As the years pass, there are fewer and fewer veterans of WW II to parade with pride at local ceremonies but there is still their memory and what they did to preserve our freedoms. Don't forget to honour them this 11th November by attending and participating in ceremonies in your area to commemorate their sacrifices.

Seniors On-line

In the last edition, I mentioned some useful reference addresses such as ferries, etc. You are not limited to just these, however, you can find all sorts of information if you really try. For example, key in “White Pages” and put a check in Canadian Sites only. You will find you can get the telephone number of anybody or any business in Canada, plus a lot of interesting detail that I bet you didn’t think was publicly available about you. You can also “Google” a person or thing and get most detailed information of any mention recorded by Google. First make sure you are into Google as a server, then enter the name within parentheses. For example, put in “Ron Gladstone” and push “Search” and you will find all kinds of strange things about me. (NB Don’t forget the quote marks).



The Web can also be a great source of information on medical matters. Search by key words such as ‘sleeping pills’ or the name of a new prescription your doctor has given you and—Presto—you have many sources of information on the product.

Just lately I have suffered three genuine mistakes which arose from miscommunication between my new doctor and my pharmacist as a result of which I seriously overdosed on a medication. My peace of mind was thankfully restored by going to Web references on the drug involved. Lets face it, medicine today is getting so complicated one person can’t possibly know it all and the term “General Physician” is rapidly becoming an oxymoron. You owe it to yourself to be well informed on the medication you are taking, particularly since a recent study suggests that 85% of BC Seniors are over medicated. So get tapping on that keyboard, if only for your only satisfaction. Just remember, use it as information only, not as a do-it-yourself thing. He who treats himself has a fool for a patient, so take it easy.

The Last Word

Well, here we go rushing towards the end of another year. Time really flies when you’re having fun. Esther and I are off to Tahiti in a day or two and will be thinking of you while we are there—even if we won’t do it very often.



We figure we might as well do all these exotic things while we still can then we can look forward to sitting in the Old Folks’ Home and reminiscing about it! I once had a fellow working with me who was an excellent cartoonist and he drew one specially for me which showed us in neighbouring beds, hooked up to tubes and electrical machinery while telling each other—”Just think, if we hadn’t given up smoking and drinking and going out to wild parties when we were teenagers, we’d never have survived to enjoy all this”. Our kids, of course, probably think we are squandering their inheritance but we solace them with the thought that they won’t have the burden of knowing what to do with the \$4.97 we were planning to leave them each.

Fear not, we shall be back in time for the meeting where we will look forward to seeing you all to wish you a Merry Christmas and tell lies about what we did on our vacation.

Cheers

Ron Gladstone

Tel & FAX (250) 751-2940 e-mail: gldstone@shaw.ca